

Get Fit All Year Round!

***Please Note: Some Classes Only Seasonally Offered**
(Click Class Names for Online Registration)

Fitness Classes	Drop-In Fee Per Class¹	Ages
<u>Ab Sculpt</u>	\$7.00	16+
<u>Advanced Bootcamp</u>	\$10.00	16+
<u>Beginner Bootcamp*</u>	\$10.00	16+
<u>Bodyweight-Cardio Strength</u>	\$10.00	16+
<u>Cardio Dancing</u>	\$10.00	16+
<u>Cardio Kickbox</u>	\$10.00	16+
<u>Circuit Training</u>	\$10.00	16+
<u>Core Yoga</u>	\$16.00	16+
<u>Foundational Strength and Movement*</u>	No Drop-In Option	16+
<u>Functional Interval Training</u>	\$10.00	16+
<u>Gentle Yoga</u>	\$16.00	16+
<u>Indoor Cycle Training*</u>	\$16.00	16+
<u>Light & Easy Conditioning</u>	\$7.00	16+
<u>Outdoor Bootcamp*</u>	\$10.00	16+



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Fitness Classes	Drop-In Fee Per Class¹	Ages
<u>Parent/Child Fitness</u>	\$10.00	5+
<u>PE for Homeschoolers*</u>	\$10.00	5 – 15
<u>Pilates</u>	No Drop-In Option	16+
<u>Pilates Teens and Adults</u>	\$16.00	16+
<u>Pilates-Yoga Fusion</u>	No Drop-In Option	16+
<u>Power Conditioning</u>	\$10.00	16+
<u>Step Aerobics</u>	\$10.00	16+
<u>Sunday Stretch</u>	\$7.00	16+
<u>Swim 4 Fitness for Teens</u>	\$7.00	12 – 17
<u>Taekwondo for Adults</u>	No Drop-In Option	15+
<u>Taekwondo for Kids</u>	No Drop-In Option	6 – 11
<u>Teen Fit</u>	\$16.00	13 - 18
<u>WERQ</u> (Dance Fitness)	\$10.00	16+
<u>Yoga for Athletes</u>	\$16.00	16+
<u>Zumba Fit</u>	\$10.00	16+
<u>Zumba Fit - Kids</u>	\$10.00	7 – 12



Fitness Classes	Drop-In Fee Per Class ¹	Ages
Zumba Toning	\$10.00	16+

1 – Drop-in Fees are paid the day of class and receipts are given to the instructor.

[Register Online](#)

[View our complete guide and fill out the registration form](#) to register by mail, walk-in or fax (240-314-8759)

For more information email swimcenter@rockvillemd.gov

Learn more at www.rockvillemd.gov/swimcenter

355 Martins Lane, Rockville MD 20850



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